



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

Detailed evaluation

Tröße, Renate

Club: SV TU Ilmenau

Total time: 29:42

Running performance: 12:22 min/km

Course: 2.40 km / 11 Controls

Category:

Damen ab 55

Rank in category: 4(of 7)

Best time in the category: 25:30

Behind: 4:12

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (35)	1:58	4	0:30	34.1	1:58	4	0:30	34.1
2 (34)	3:41	7	3:41	-	5:39	4	5:39	-
3 (44)	3:00	3	3:00	-	8:39	4	8:39	-
4 (70)	2:23	2	2:23	-	11:02	4	11:02	-
5 (35)	4:03	4	4:03	-	15:05	4	15:05	-
6 (37)	2:30	2	0:17	12.8	17:35	4	17:35	-
7 (47)	2:13	1	-	-	19:48	4	19:48	-
8 (35)	2:30	2	2:30	-	22:18	4	22:18	-
9 (33)	3:35	2	3:35	-	25:53	4	25:53	-
10 (59)	1:06	2	0:02	3.1	26:59	4	26:59	-
11 (100)	2:07	7	1:02	95.4	29:06	4	29:06	-
Finish	0:36	6	0:10	38.5	29:42	4	4:12	16.5